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Susan Flam
Dec. 21, 2012
Thornhill

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LONDON

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Monday, January 21, 2013



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Busker 'will be sadly missed'

Brian Grills. Longtime downtown trumpeter has died of cancer



ANGELA MULLINS

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There was a heavy silence on Sunday as people flooded into a basketball game at Budweiser Gardens.

Trumpeter Brian Grills — a staple outside the venue — was no longer there.

Grills, 62, died on Saturday morning after being diagnosed with cancer more than a year ago. His last serenade was a couple of weeks ago, greeting fellow London Knights fans.

"He loved hockey, especially the London Knights," friend Jerry Goris said. "He loved the London Knights."

Grills touched thousands of Londoners with his music — a self-taught repertoire that changed with the seasons and included everything from crooner classics to show tunes. At Clicks bar, he was the go-to Happy Birthday man, breaking his trumpet out for celebrations and always honouring special requests.



Brian Grills moved to London in the late 1980s, leaving the HVAC business he operated in Toronto.

CONTRIBUTED/SHAUNA RAE

A friend remembered

• The London Knights released a statement: "He will forever be remembered for standing his loyal guard outside our gates on game day and for sporting a tuxedo during our 2005 Memorial Cup run — proudly displaying his love for our team. Our deepest sympathy goes out to his family and friends in this sad time."

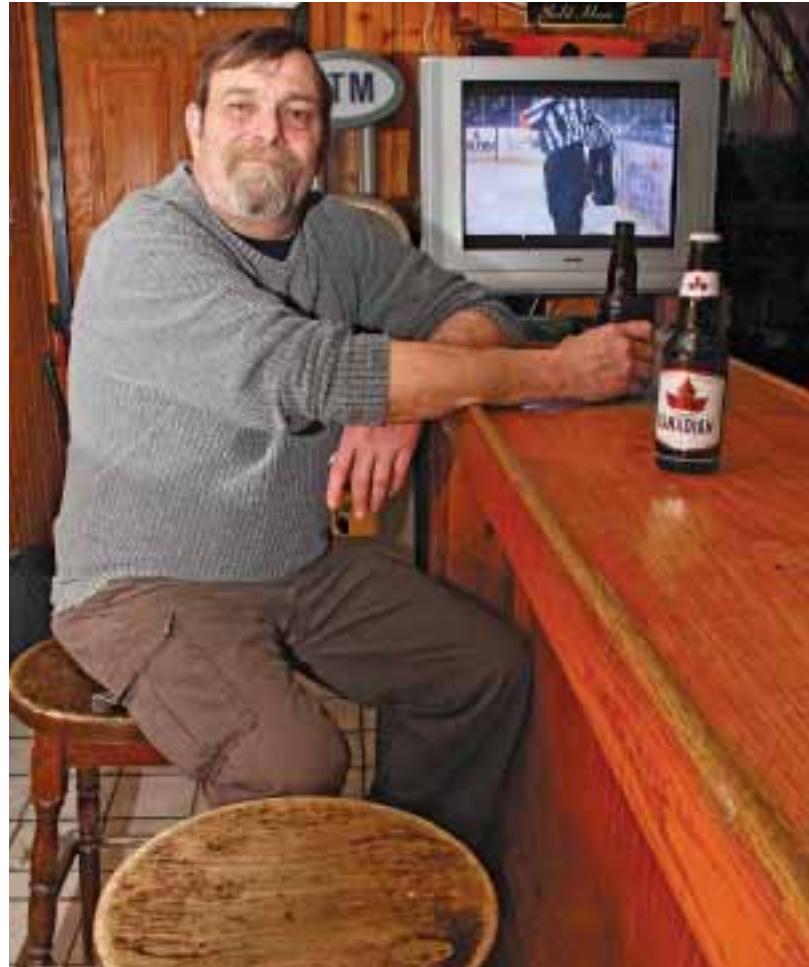
more than six."

Grills stopped at Clicks on Thursday, not feeling well when he left but promising to be on his stool for the Knights' Friday game. He didn't make it back.

Dawn MacNair delivered soup to Grills' apartment on Tuesday. Signs of his declining health were obvious, she said. "We all kind of knew that we were going to lose our friend soon," she said.

The two met five years ago when MacNair bought Grills a sandwich as he busked at Richmond and Dundas streets.

"He always held a place in my heart," MacNair said. "He'll be sadly missed."



Jerry Goris, manager of Clicks (337 Richmond St.), takes a seat on Sunday next to the bar stool where trumpeter Brian Grills sipped Molson Canadian and watched the London Knights practically every time they took the ice. Grills, who made a living busking outside Budweiser Gardens and on nearby streets, died on Saturday. ANGELA MULLINS/METRO

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Family centre planned for White Oaks school

Funding. New space would be paid for with provincial money passed through city



ANGELA MULLINS

angela.mullins@metronews.ca

A proposed \$1.1-million project would turn White Oaks Public School into a hub of resources for children and parents.

The school has been selected as the best site for a new Neighbourhood Family Centre. The centre — between 3,000 and 3,500 square feet — would be housed in the existing school, using provincial money funnelled through the city.

Council's community and protective services committee will hear the project pitch Tuesday. It includes partnering with the Thames Valley school board to create the space, which will host everything from parenting pro-

grams and sports programs to prenatal screenings.

Coun. Harold Usher, whose ward includes White Oaks school, said it would be a big benefit to the neighbourhood.

"You can't lose with something like that," Usher said.

A group of agencies that deal with children's programs targeted White Oaks and Lord Nelson school in Argyle as likely candidates for centres. The first neighbourhood hub opened about six years ago at Northbrae Public School near Adelaide and Huron streets.

The White Oaks centre would be operated by the London Children Connection and the South London Neighbourhood Resource Centre. The groups will lease space from the school board.

Moving ahead with the project now makes sense because of other work, including renovations needed to accommodate full-day kindergarten, planned at White Oaks, city officials say.

The work is expected to be done by fall.

Up for discussion

Also on Tuesday:

- The community and protective services committee will hear a proposal for two programs aimed at helping people find jobs. Combined, the programs

will cost an estimated \$1.3 million with \$650,000 coming from city coffers and the rest from the province.

- The committee meets at 7 p.m. at city hall.

Searching. Entrepreneurs needed for Venture London business competition

Plan it, submit it, pitch it.

Those are the building blocks to coming out a winner in the Venture London business competition.

Back for a fifth year, the competition is offering cash and business boosters — including marketing and legal services — to local businesses.

The effort is all about celebrating local startups and how important they are to the economy, said Nancy Kopriva, communications and engagement director at the London Small Business Centre and Venture London chair.

"There are a number of competitions for larger and more established business to be recognized," she said. "For the

new people, for the people who are just getting started, there hasn't been as much available."

The competition has two categories — one for businesses that are about to start or are in their first fiscal year, and another for businesses that launched up to three years ago.

Winners will be selected in each category after selected finalists make a pitch to judges.

All finalists will receive \$500 cash, a marketing video and a \$500 gift certificate for office furniture.

The application deadline is Feb. 7. Finalists will be announced March 4. For Venture London application information, visit venturelondon.ca.

ANGELA MULLINS/METRO



Book drive kicks off at MPP's office

Kerry Waddell, a member of MPP Deb Matthews' children's book drive. The ninth annual drive kicked off at the Ivey Spencer Leadership Centre, giving people until Feb. 5 to make donations at Matthews' constituency office on 242 Piccadilly St. Books will be distributed to organizations, including schools and women's shelters, across the province. ANGELA MULLINS/METRO

Arrests

Two charged after theft, BB gun pulled: Cops

A London man and a woman have been charged after a shoplifting incident in which a security guard was threatened with a BB gun, police said.

Jacquelyn Lamarsh, 29, and William McGaw, 34, are charged with theft under \$5,000 and escaping lawful custody. McGaw also faces weapons charges.

On Friday, two alleged shoplifters fled a store around Oxford Street East and Gammie Street. The two were approached outside by store security, who attempted to arrest them for theft. A male suspect then pulled what turned out to be a BB gun. METRO

Significant damage

Police investigate truck fire in east London

London police are looking for tips after an early-morning truck fire in an east London driveway.

On Sunday at 2:24 a.m., police responded to the fire on Carlyle Drive. The truck had significant damage, as did a fence and a second vehicle in the driveway. The total damage is estimated at \$16,500.

The cause of the fire is still unknown.

Anyone with information is asked to call police at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS.

You can also visit londoncrimestoppers.com. METRO

Wild weather

West London home damaged by toppled tree

Four Londoners were given a rude wake-up call by a tree Sunday morning.

The strong winds gave an old maple tree an extra push to drop its massive branches onto their house with a massive thud.

It happened around 6:30 a.m. on Woodward Avenue, causing a minor gas leak.

One of the tenants, 21-year-old Western University student Jacqueline Best, says they didn't know what was happening when they heard the loud noise.

The owner of the home and landlord, Jeff Armour, says it's unclear how much the damage will cost at this point. AM980/AM980.CA

'Numerous' bodies found during search of gas plant

Algeria kidnapping.
Recording of head kidnapper shows militants wanted to organize a prisoner swap with authorities

Algerian bomb squads scouring a gas plant where Islamist militants took dozens of foreign workers hostage found "numerous" new bodies on Sunday as they searched for explosive traps left behind by the attackers, a security official said, a day after a bloody raid ended the four-day siege of the remote desert refinery.

The official, who spoke on condition of anonymity because of the situation's sensitivity, said the bodies were badly disfigured and difficult to identify.

"The bodies could be either Algerian or foreign hostages," he said.

Algerian special forces stormed the natural gas complex in the Sahara desert on Saturday to end the standoff, and the government said all

Leader

- In a phone message, head kidnapper Abdel Rahman al-Nigiri described how half of the militants had been killed by the Algerian army on Thursday and that he was ready to blow up the remaining hostages if security forces attacked again.

32 militants were killed. Earlier Sunday, Algeria's chief government spokesman said he feared the death toll of hostages — which stood at 23 on Saturday — would rise as the special forces teams finished their search.

American Frederick Buttaccio, a Texan, was among the dead. U.S. officials told The Associated Press Buttaccio's remains were recovered Friday.

They said the militants came from six countries and were armed to cause maximum destruction. Sonatrach, the Algerian state oil company running the Ain Amenas



In this undated photo, men look at the wreckage of a vehicle near Ain Amenas, Algeria. British Prime Minister David Cameron said Sunday that three Britons were killed and another three are believed dead, along with a foreigner who was living in Britain, after Islamist militants seized a gas plant in the remote region. ECHOROUK ELYAOUMI/THE ASSOCIATED PRESS

site along with BP and Norway's Statoil, said the entire refinery had been mined.

"They had decided to succeed in the operation as planned, to blow up the gas complex and kill all the hostages," said Communications Minister Mohamed

Said, speaking in a state radio interview.

The American government has warned that there are credible threats of more kidnapping attempts on Westerners in Algeria.

With few details emerging from the remote site of the

gas plant in eastern Algeria, it was unclear whether anyone was rescued in the final operation, but the number of hostages reported killed Saturday — seven — was how many the militants had said that morning they still had.

THE ASSOCIATED PRESS

Forehead cut

Barbara Walters in hospital after fall

Veteran ABC newswoman Barbara Walters has fallen at an inauguration party at an ambassador's home in Washington and has been hospitalized.

Walters, 83, fell Saturday night on a step at the residence of Britain's ambassador to the United States, Peter Westmacott, ABC News spokesman Jeffrey Schneider said. The fall left Walters with a cut on her forehead, he said.

THE ASSOCIATED PRESS

New Mexico shooting

Teen boy charged with murder of five people

A teenage boy fatally shot two adults and three children inside a New Mexico home, authorities said Sunday.

The teen, who police believe to be about 15 years old, was arrested and faces murder and other charges in connection with the shootings Saturday night, Bernalillo County sheriff's spokesman Aaron Williamson said. THE ASSOCIATED PRESS

Obama sworn in to second term



U.S. President Barack Obama is officially sworn in by Chief Justice John Roberts in the Blue Room of the White House during the 57th presidential inauguration in Washington, Sunday. LARRY DOWDING/THE ASSOCIATED PRESS

A still-popular Barack Obama took the presidential oath of office for a second term on Sunday, facing a troubled future, but hoping to leave behind a battering four years at the helm of a government mired in ugly political division.

When Obama first took office as the 44th U.S. president, many Americans hoped the symbolism of the first black man in the White House was a turning point in the country's deeply troubled racial history. Obama vowed to moderate the partisan anger engulfing the

country, but the nation is only more divided four years later.

Obama was sworn in during a brief ceremony with his family in the White House Blue Room, meeting the legal requirement that presidents officially take office on Jan. 20. Because that date fell on a Sunday this year, the traditional ceremonies surrounding the start of a president's term were put off to Monday, which coincides this year with the birthday of revered civil-rights leader Martin Luther King.

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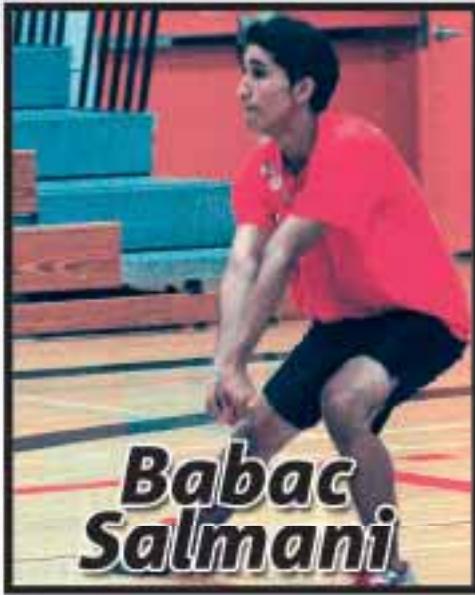
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Metro London Student Athletes of the Week!

Meet Metro's featured students from Clarke Road S.S. This weekly feature highlights exceptional students in London in partnership with the Thames Valley District School Board.



Grade 12

Sports: Senior Boys Volleyball – Captain, Senior Boys Basketball – Captain, Club Soccer Team

College/University: Western University

Community involvement: Social Change Club – raising awareness and creating change, in both the local and global community by raising money for, and awareness of, local organizations like Habitat for Humanity, The London Food Bank, and Women's Community House

Groups: Member of Student Council (Social Events Organizer), Member of SAA(President)



Grade 12

Sport: Senior Basketball Team – Captain, Senior Volleyball Team – Captain, Club Soccer Team

School of Interest: Western University/Fanshawe for Nursing

Athletic Awards: Clarke Road David Richards – Senior Hustle Basketball Award, Most Valuable Player Award

Community Involvement: Violence Against Women Campaign, Scrooge, Anti-Bullying Campaign and a United Way Campaign and Europe 2012 Trip to Vimmy Ridge

Groups: Member of the Student Athletic Association

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Celebs flash some cheek for views on Keek

Social media. Canadian video microblogging service attracts bevy of Kardashians — not to mention JWOWW's butt

By the numbers

15M

Keek says it has grown to have 15 million monthly unique users, totalling 75 million monthly visits. Four million user-generated videos are posted every month.

A Canadian social-media start-up company is hoping to become the Twitter of video.

With Toronto-based Keek, users can watch and send short video clips of up to 36 seconds and label them with descriptions of up to 111 characters.

"The original idea was to use video ... as a form of communications with your social network, kind of like a social microblogging video platform," says CEO Isaac Raichyk.

"It's just long enough for somebody to tell a story but short enough for people who watch and digest a lot of video."

The service has caught the attention of some high-profile celebrities including Kim Kardashian, her sisters Khloe and Kourtney, and her half-sisters Kendall and Kylie Jenner.

They all are among the most viewed and followed users on Keek, which means "a peek or glance," according to Oxford.

Other active users include rappers 2 Chainz and Soulja Boy, Jersey Shore star Jenni "JWoww" Farley and Pretty Little Liars stars Ashley Benson and Canadian Shay Mitchell.

JWoww racked up nearly 400,000 views each for two different videos responding to a recent bit of bad publicity. While co-hosting MTV's New Year's show in New York City, photographers snapped a few unflattering shots of her short dress riding up, which were quickly posted to gossip sites online.

She posted her response to Keek, in which she appears in her underwear and high heels.

THE CANADIAN PRESS



Quick! To the \$4.2-million Batmobile!

Just how valuable is the Caped Crusader's ride? The original Batmobile from the 1960s television series Batman, shown in Los Angeles in this October 2012 photo, sold at auction Saturday for \$4.2 million US to an undisclosed bidder. The car's owner, famed auto customizer George Barris, transformed a one-of-a-kind 1955 Lincoln Futura concept car into the sleek crime-fighting machine that was used in the series that starred Adam West. On the show, the 19-foot-long, bubble-topped car boasted lasers and a Batphone and could lay down smoke screens and oil slicks.

COURTESY BARRETT-JACKSON/GEORGE BARRIS/THE ASSOCIATED PRESS FILE

Canada's not ready for mercury bulbs, report says



Use of CFLs will skyrocket as a ban on incandescent bulbs takes effect next January. But CFLs contain mercury, and a new report says there aren't enough facilities in place to keep them out of landfills. ADRIAN WYLD/THE CANADIAN PRESS

Canada's mercury-waste facilities are either patchwork or non-existent as millions of light bulbs containing the highly toxic chemical are set to flood the marketplace.

That's a key finding of a report commissioned by Environment Canada in the run-up to a major change in the way Canadians light their homes.

Beginning next January, a new regulation will effectively ban the sale of standard incandescent bulbs in favour of energy-efficient versions, most of which contain mercury.

So-called compact fluorescent lamps, or CFLs, will also enter the waste stream as they

Bulb ban

- As of Jan. 1 next year, 75- and 100-watt incandescent bulbs will be effectively eliminated from store shelves, with 40- and 60-watt versions to follow Dec. 31.

break or burn out, many destined for landfills where their harmful mercury can get into the water.

Environment Canada says the mercury contained in a typical thermometer can contaminate five Olympic-size swimming pools to toxic levels.

Ironically, the ban on incandescents is partly designed to reduce mercury in the environment because old-style light bulbs are inefficient, and require more electricity from the burning of coal and other fossil fuels that can emit mercury into the air.

"Currently municipalities do not store mercury — most of it ends up in landfill," says a report commissioned from Summerhill Impact, an environmental firm in Toronto.

The Aug. 31 study also found no national or industry-wide standards for the handling of mercury waste.

THE CANADIAN PRESS

Forecast. Transportation sector should do well in 2013: Analysts

By the numbers

21%

Transportation stocks outperformed the TSX benchmark last year with a return of 21 per cent.

to CIBC World Markets.

CIBC analysts have upgraded price targets for a string of companies, including Canadian National Railway, Canadian Pacific Railway, WestJet Airlines and trucking firm TransForce. THE CANADIAN PRESS

Scott Base, Antarctica

Distiller recreates lost whisky recipe from polar stash

Talk about whisky on ice: Three bottles of rare, 19th-century Scotch found beneath the floor boards of Antarctic explorer Ernest Shackleton's abandoned expedition base were returned to the polar continent Saturday after a distiller flew them to Scotland to recreate the long-lost recipe.

But not even New

Zealand Prime Minister John Key, who personally returned the stash, got a taste of the contents of the bottles of Mackinlay's whisky, which were rediscovered 102 years after the explorer was forced to leave them behind.

The recipe for the whisky had been lost. But distiller Whyte & Mackay, which now owns the Mackinlay brand, re-created a limited edition of 50,000 bottles from a sample drawn with a syringe through a cork of one of the bottles.

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TROY'S RUN JUST THE BEGINNING



URBAN
COMPASS

Todd Devlin
london@metronews.ca

Troy Adams is focused and determined. His cause is raising awareness about brain injuries and providing support to those suffering who don't know where to turn for help.

And while he admits the cause chose him rather than the other way around, the 25-year-old is embracing it with the same vigour he has displayed in his own personal journey toward good health over the last decade.

Since suffering a brain injury in a car crash in 2003, Adams has struggled to recover from the repercussions of the accident. He suffered memory loss and other cognitive impairments, and he has battled depression and anxiety since.

Adams spent years suffering and searching for help to no avail before finally finding some hope in running three years ago.

Tackling brain injury

"It hasn't cured me by any means, but it's my drug of choice. It's my therapy."

Troy Adams, on how running helps him recover from his brain injury.

"My thoughts are always jumbled when I'm just sitting around.... There are too many of them," he said. "But when I'm running, I can pick through them. It's like instead of being wild in a field, you put a fence up. It hasn't cured me by any means, but it's my drug of choice. It's my therapy."

Adams began running more and more. Once he was able to run 10 kilometres, he tried to run 15. Once he did 15, he tried for 20. And so it went until the Watford, Ont., native decided to create Troy's Run Foundation late in 2011 and make a trek across Canada last summer to spread awareness.

"We're really focused on creating hope for tomorrow and displaying that," Adams said. "The foundation is for survivors, for their families and for people in the community. We're all affected by brain injury in one way or another, whether we know it or not."

Adams began his trek in St. John's, N.L., on April 1 and ran a minimum of 40 kilometres on most days. He wrapped up in Victoria on Nov. 3, but is quick to point out that although the run is over, the journey is just beginning in terms of his efforts in brain injury awareness.

"That was like a short jog for where we need to go," he said.

On Feb. 1, Troy's Run Foundation will host its first-ever gala. It will take place in London at the Ivey Spencer Leadership Centre. The organization will celebrate its successes in 2012 (which include raising nearly \$100,000) and look ahead to future goals.

Adams is now participating in ultra-marathons and his next major journey will be a northern Canada expedition, where he will run from Yukon through the Northwest Territories to Nunavut. The goal is to embark in February 2014.

In the meantime, Adams is hoping to grow Troy's Run Foundation and connect with more brain injury organizations.

"If they have a positive message regarding brain injury or they're supporting brain injury, we're going to get behind them," he said. "Our goal is to bridge the gap in the brain injury community."

Visit troysrun.com.

Follow Todd Devlin on Twitter @UrbanCompassLdn



Troy Adams ran across Canada to raise awareness about brain injuries.

CONTRIBUTED

Ice jump gets frosty reception



EFREM LUKATSKY/THE ASSOCIATED PRESS

Epiphany celebration

Baby, it's cold in the ice hole

A man jumps into an ice hole in the Dnipro River, as others wait for their turn, as part of the celebration of the Epiphany in the town of Vyshorod outside the capital Kiev, Ukraine, on Saturday.

Orthodox believers celebrate the holiday of the Epiphany on Jan. 19, and traditionally bathe in holes cut through thick ice on rivers and ponds to cleanse themselves with water deemed holy for the day.

THE ASSOCIATED PRESS

Orthodox Christians

There's method behind madness

The traditions also continued at Moscow's Red Square, at Tylarovo village just outside St. Petersburg and in Minsk, Belarus.

The religious holiday Epiphany is celebrated by Orthodox Christians according to the Julian calendar on Jan. 19.

Epiphany Day celebrates the baptism of Jesus, which took place in the River Jordan, and is held in Russia, which uses the Julian calendar. Orthodox Christians in Lebanon, Egypt and Syria follow the same tradition based on the Julian calendar. Churches that follow the Gregorian calendar celebrate the feast on Jan. 6. METRO

Online

Watch the video at metronews.ca.



Twitter

@zoejkjones: Apparently I'm in desperate need of a haircut - and I have a gala tonight. Yay for Sundays! #Closed

@Call_The_Office: don't know why everyone is so caught up in Lance Armstrong. None of you give a damn about cycling. Is this really about Sheryl Crow?

@MikeMarsman: Just realized I can four-finger-swipe to switch between apps on

the iPad. Mind. Blown.

@JayCMenard:

As a man who cooks, does laundry, cleans, helps take care of kids, I'll be happy for the day when ads stop treating men/ dads as neanderthals

@andreasair:

Tomorrow is #BlueMonday; statistically the most depressing day of the year. We can combat this with a day of random acts of kindness.



Register at metropolitanpanel.ca and take the quick poll

Will you be trying out the gluten-free weight loss diet trend?



Girl talk

Interview. Girls stars Alison Williams and Jemima Kirke dish on their characters' sartorial choices, their dorky style moments and finally dressing like adults

TINA CHADHA
Metro World News in New York

Allison Williams

On Marnie's style: "She leans toward conservative stuff and she makes me look adventurous — although I'm really not. I wish clothes would just fit her better. Any mistakes in fitting are 100 per cent on purpose, though. It's supposed to look like you bought a thing off the rack and it fits the way it fits."

Her personal style: "I like colour a lot. I'm interested in different cuts. I love the way (peplum) looks, but I've also worn more princessy things. Day-to-day, I'm a jeans, boots and oversized sweater girl."

Dorkiest fashion moment: "I went up to Jason Wu at the restaurant Perilla and I just introduced myself to him cold. I was like, 'I understand that it's probably intrusive and you're with your family, but I wanted to say that I think you're a genius.' He was so gracious."

Getting red carpet-ready: "It's really fun. It makes me



Jemima Kirke

Jessa's look is based on her own: "I think it's like a caricature of how I dress in real life or maybe even a way that I used to dress

feel like a princess. I have to rein it in. I recently went into a fitting and there was a rack of clothes of my stuff and there was another rack of fluffy, big gowns and my stylist was like, 'No, Alison. No. You're not a debutante.'

A whole new kind of access: "I've had the pleasure of cultivating relationships with some designers so I can say, 'Listen, do you have something that I can wear to this thing tonight?' Acting is my first love, but the fact that I get to wear cool clothes and get to know myself better through what I wear in real life, that's such a pleasure."

Her dad, Brian Williams, is her unofficial stylist: "He has a really good eye. He's an esthete and he sees people in the things that he sees in stores. He looks at them and thinks, 'That looks like Allison.'"



Lena Dunham, Jemima Kirke and Alison Williams enjoy a Girls night. GETTY IMAGES

for a minute in my life. Or it might be the way Lena used to look at the way I dressed and how she pictured styling my outfit in her head the next day."

Her personal style: "Well, that's gone out the window since I've had children. I just put on clothes so that I'm not naked during the day. I used to change my outfit maybe once in the day. Now sometimes I have on the same outfit for two days."

Dressing like an adult: "As

I start to feel more like an adult, I start to shop at more brand names, which I never did. It was vintage or stuff I had forever or my mother's stuff. But now that I'm getting older, I can't get away with the T-shirt with the hole in it."

Where she shops: "Bird and Smith and Butler, in Brooklyn."

Jessa's bohemian wedding dress: "You know who made that dress? My mom. Don't get me wrong, she didn't sit

there and sew it. She has a shop called Geminola in the West Village. Half of it, she designs, and half of it is antique and vintage clothing."

What she's loving: "Chanel made these creeper shoes. They are like a spin on the punk creeper shoe. They're beautiful and awesome but I can't wear them. I'm just not style-conscious like that anymore. I just don't wear statement things. I don't wear loud things. I just wear what looks nice. I'm not wearing mom jeans, though."

There's no politics in this White House

New show. Those involved in this comedy stress there is nothing close to our reality in their political universe

NED EHRBAR
Metro World News

The guys behind NBC's new White House-set sitcom 1600 Penn want to make one thing clear: This is not a political show.

"There are a lot of shows about politics. This is not that show," says executive producer Mike Royce.

Fellow executive producer Jason Winer insists this is more about work and family, regardless of the address.

"It's a serious place," Winer says of the White House, "but it's also a workplace."

Jon Lovett, also an executive producer as well as a former Obama speech writer, agrees, noting that while the series may mention very real issues — like unmanned drone strikes — for humour, this isn't supposed to be about the real

White House. "We are not sitting around worried about political correctness in the writers' room," Lovett says.

While real-life guest stars from the media world — including the Today show's Savannah Guthrie, MSNBC's Chuck Todd and Larry King — will be popping up, don't expect any familiar political cameos a la Vice President Joe Biden on Parks and Recreation. Simply put, this isn't that show. "Our show exists in an alternate political universe," says Winer. "Joe Biden appearing would be like a python eating its own tail."



1600 Penn airs on City. HANDOUT

2
SCENE

His lips say yes but his body says no

Lance Armstrong interview. Body language expert concludes disgraced cyclist not telling all the facts on doping

On Thursday night, body language expert Sara Canuso helped us decipher Lance Armstrong's mannerisms as we watched Oprah Winfrey press him on questions about the use of performance enhancing drugs during his career.

A twist of the mouth, a bite of the lip — indicators we learned could be signs of arrogance and guilt. Armstrong admitted he doped his way to all seven of his Tour de France titles, but showed very little emotion.

Here is Canuso's real-time observations on Armstrong's body language during the second part of the interview.

9 p.m.

Lance Armstrong takes his place once more in the hot seat. The world watched as the once-beloved icon fielded a barrage of tough ques-



Lance Armstrong confessed to using performance-enhancing drugs. HANDOUT/THE ASSOCIATED PRESS

tions from Oprah. According to our body language expert, Armstrong speaks volumes without ever having to open his mouth.

"Again, we see Armstrong continually looking down, trying to be careful of what he says," shares Canuso. An underlying anger also peaks through Armstrong's pursed lips.

9:15 p.m.

Canuso immediately picks up on Armstrong's crossed legs. The fact that he's holding onto his leg also suggests that he may be feeling par-

tially closed off to Oprah's questions.

"He answers each question absolutely while shaking his head no," she says.

According to Canuso, Armstrong's body language lends itself to the idea that he isn't being fully upfront.

"There are signs of holding back on the truth," she says. "In this case, it could be that he isn't telling all of the facts."

9:25 p.m.

The conversation turns to Armstrong's public persona. Oprah leads in with ques-

tions about the authenticity of his intentions. In other words, why is he doing this interview?

"Oprah is asking questions he does not want to answer, so you will see him take deeper breaths," says Canuso.

9:30 p.m.

As the focus shifts to Armstrong's ex-wife, children and therapy, he continues to rub his neck, a sign of feeling pressure.

9:40 p.m.

With Armstrong receiv-

Ratings

Interview ratings fall short for OWN

The program was seen by a total of 4.3 million U.S. viewers in Thursday's back-to-back airings, OWN said Friday. But it drew only 3.2 million viewers in its first airing, an audience that fell short of OWN's most-viewed telecast: an inter-

view Winfrey conducted with the Whitney Houston family last March following the singer's death the previous month. In Canada, the broadcast drew an average audience of 715,000 and was the highest-rated telecast in OWN Canada's history for all key demographics, according to a release from Corus Entertainment based on overnight data from BBM Canada TV Meter. METRO

ing criticism last night for not showing enough emotion, talking about his children tonight could be the opportunity to humanize him for viewers. Oprah asks about how his son has fared through all this, which elicits long pauses of introspection from Armstrong.

"His damp eyes indicate anxiety, fear or sadness," says Canuso. "Then he closes his eyes as if he wants to shut out the world."

9:55 p.m.

Armstrong recognizes the "ultimate betrayal" that was his deception of the people who cared about him the most. His words are heavy

with remorse, possibly striking a chord with viewers. Even still, when Canuso looks at Armstrong she sees nothing but nerves. "He is continuously licking his lips and drinking water, both signs of anxiety."

10:00 p.m.

"The truth shall set you free." Oprah concludes the interview by quoting Armstrong's ex-wife. Canuso concludes it by labelling the interview as extremely guarded on Armstrong's side.

"He was constantly covering his mouth and shaking his head, big indicators of not telling all of the facts," she says. METRO

TRY HAPPY VAPER AS AN ALTERNATIVE

Happy Vaper is Canada's largest supplier of electronic cigarettes and accessories. The company introduced high-quality electronic cigarettes to Canada in early 2009 and its exclusive agreements with top e-cig manufacturers, along with exceptional customer service has given Happy Vaper international recognition. Jack Weinberg, founder of Happy Vaper, discusses why his company and its support staff are leaders in the e-cig industry.

WHAT IS AN ELECTRONIC CIGARETTE?

E-cigs are electronic devices that use heat to vaporize a flavoured liquid into a mist, simulating the experience of smoking without actual combustion. E-cigs don't produce the carbon monoxide, tar and other chemicals associated with burning tobacco. While some choose to use electronic cigarettes with nicotine, the government's guidelines restrict the sale of products for that purpose. Clinical trials are required to make "quit smoking" or health claims, so Happy Vaper does no such thing. Weinberg says he is lucky to have such a strong grassroots movement supporting his company in Canada.

WHY SHOULD I USE AN E-CIG?

Customers appreciate the lack of a lingering cigarette smell, cost savings, no longer standing in the cold or rain, and the delicious flavours, which make vaping an enjoyable alternative.

WHY HAPPY VAPER?

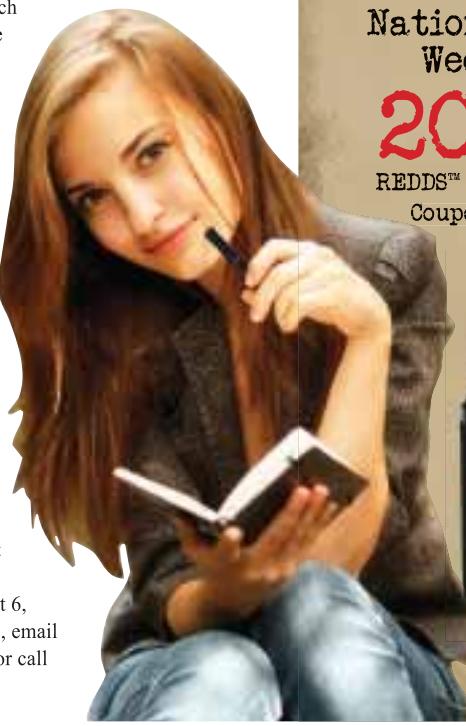
There are a multitude of e-cig devices on the market in

varying shapes and sizes with a wide range of build-quality and performance. It can be difficult to find e-cigs that work well.

"Often, customers are disappointed after having tried a variety store device," Weinberg says. Happy Vaper focuses on research and testing to make sure it provides the highest quality and up-to-date products. The right choice of equipment to match your needs and lifestyle can make all the difference.

Those with a quick question, or who can't visit in-person, may take advantage of Happy Vaper's web-chat, operated exclusively by passionate vapers with years of experience.

Feel free to chat with Happy Vaper at happyvaper.com or visit the warehouse location at 112 Basaltic Rd., Unit 6, Concord, Ont. For more, email info@happyvaper.com or call 1-888-696-3697.



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Briefs

Colbert's sis
enters politics

No joke: Comedian Stephen Colbert's sister is running in earnest for a vacant South Carolina congressional seat. Campaign manager Bill Romjue said Friday that Elizabeth Colbert-Bush plans to file as a Democrat next week and make a formal announcement. She did not immediately return messages from The Associated Press. Colbert-Bush will file as a Democrat seeking the vacant 1st District seat. Colbert-Bush is a Charleston native like her brother and development director at the Clemson University Restoration Institute in nearby North Charleston. One other Democrat and at least 10 Republicans are seeking the seat along South Carolina's south coast. GOP candidates include former Gov. Mark Sanford who is returning to politics four years after an affair with an Argentine woman was exposed.

THE ASSOCIATED PRESS

Super Bowl lures
'key' performer

Alicia Keys is adding her voice to the Super Bowl show for the third time. The Grammy-winning R&B singer will perform the national anthem before the NFL championship game on Feb. 3 in New Orleans. The league said Friday that Keys' three performances at the Super Bowl will be the most in the event's history. She sang "America the Beautiful" before the 2005 game, and was part of the pregame show in 2008. Keys, who turns 32 next week, released her fifth studio album, *Girl on Fire*, late last year. The Super Bowl teams will be determined Sunday, when the San Francisco 49ers play the Atlanta Falcons in the NFC championship game, and the Baltimore Ravens face the New England Patriots in the AFC championship game. The NFL said in October that Beyoncé will be the star of the halftime show at this year's Super Bowl. She sang the national anthem at the 2004 NFL title game in her hometown of Houston. Others who have performed the national anthem at past Super Bowls include American Idol winner Kelly Clarkson last year, as well as Whitney Houston, Billy Joel, Diana Ross, Neil Diamond and Mariah Carey.

THE ASSOCIATED PRESS

Is Deception NBC's Revenge?

New series. If Donnie Brasco and the movie *Sabrina* had a baby, it would be this show, says its writer and producer



NED
EHRBAR

Metro World News in Hollywood

Murder, wealth, scandal, double-crossing and double identities. It's the stuff that's made *Revenge* a guilty-pleasure hit for ABC, so no one could blame NBC for wanting a piece of the action. But writer and executive producer Liz Heldens insists there was no directive to make a *Revenge* for NBC when she created *Deception*, the network's new murder-mystery nighttime soap.

"No one said that," Heldens says. The show's twisty tale — of Joanna, an undercover cop (Meagan Good), returning to the estate where she spent her childhood to investigate the murder of a wealthy socialite — gets its inspiration from a finer pedigree. "I was sort of thinking about how could you do an undercover show with a female protagonist, and at the same time NBC was looking for a soap," Heldens explains. "And so then I sort of thought could Donnie Brasco and the movie *Sabrina* have a baby? And so that was how it happened."

The material was juicy enough to attract Victor Garber back to television. The veteran stage actor, currently receiving raves on the big screen in *Argo*, is always up for playing characters with a secret, as he proved in his run on *Alias* for five seasons.

"You know, to me acting was always about revealing what's going on beneath,



Meagan Good and Victor Garber star in *Deception*. HANDOUT

and there's always a subtext in every scene," Garber says. "There's always something else. You say something but you mean something else, and the great thing about *Deception* and why the title is so apt is that nothing is as it seems. When I read the script, I thought, 'I understand this because I lie all the time' — not really, not really, calm down. I just loved the idea of being somebody who has so much going on, who has to compartmentalize, and we all know people like this. And for some reason it just comes naturally to me, and I've always thought that's what acting was. Because ultimately at the bottom there has to be truth, and usually people are doing something

and thinking something else. That's just the way I live, frankly."

Of course, kicking off a new show circling a central mystery — here the murder of socialite Vivian Bowers — doesn't come without its potential pitfalls, as writers behind shows from *Twin Peaks* to *The Killing* have learned the hard way. But Heldens has a plan, she insists. "As far as the mystery, I think the plan that we've always had in our heads is to reveal to the people watching, to the audience, who the killer is, and Joanna will probably have a pretty good idea" by the end of the first season, she says. "And the second season is about proving it."



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Michael J. Fox. ALL PHOTOS GETTY IMAGES

Michael J. Fox patches things up with Swift

Michael J. Fox doesn't want Taylor Swift anywhere near his 23-year-old son, Sam, he told *Vulture*, responding to a joke by Tina Fey about the serial-dating Swift going after Sam during the Golden Globes last week.

"I don't keep up with it all," Fox said. "But Taylor Swift writes songs about everybody she goes out with, right? What a way to build a career."

He admits he wouldn't be able to identify Swift if

she did end up at a family dinner on his son's arm, but that the inevitable break up song would tip him off.

"Sam, You Piece of Sh—. Oh, that was the girl you brought home," he jokes.

But Swift has apparently been able to patch things up with the Fox clan rather quickly. "Hey everybody, Michael J. Fox got in touch with me today and we are good. Thank you for having my back," she tweeted.

The Word

J.J. Abrams and Armstrong make the perfect pair?



THE WORD
Dorothy Robinson
scene@metronews.ca

Lance Armstrong and Hollywood have always been pretty tight.

He and the puppy-eyed Jake Gyllenhaal would go bike riding together; he's been buds (and Austin neighbours) with Matthew McConaughey for years, and the guy was even engaged to Sheryl Crow.

But now it looks like Hollywood — where liars and cheats usually thrive — is turning its tanned back on the disgraced cyclist.



After his bombshell interview with Oprah, stars took to Twitter to express their disdain.

Carson Daly tweeted, "He is a cheater and liar. I'm embarrassed that I was such a fan for so long."

Meanwhile, Seth Meyers joked, "Say what you will, he's still the Lance Armstrong of d*ckheads."

Perhaps Piers Morgan was just bitter that Oprah got the interview over him when he wrote, "The fact @lancearmstrong admits he had to look up what the word 'cheat' means, says all you need to know about the man. #LiveWrong."

But there's one person in L.A. that is hot to trot for Armstrong's story — J.J.

Abrams.

The *Star Trek* director and *Lost* co-creator is reportedly set to produce a film about Armstrong's life, according to the *Hollywood Reporter*. Abrams and Paramount Pictures recently acquired the rights to New York Times sportswriter Juliet Macur's book *Cycle of Lies: The Fall of Lance Armstrong*, which is set to be released in June.

Sony Pictures has been working on a much more complimentary Armstrong movie for years, with Jake Gyllenhaal reportedly attached to star at one point.

Those plans were scrapped after Armstrong was stripped of his Tour de France titles in August of 2012.

This is a perfect pairing. After all, Abrams and Armstrong are two figures famous for spinning wheels and disappointing endings.



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Winter fun

Make the most of snow days this year

Snow days and longer evenings don't have to mean hibernating in front of the television all winter. The colder months are a perfect time to spend quality time together as a family.

Try some of these activities to keep your kids active and entertained:

Get your game on

Encourage kids to burn off energy by playing video games that promote exercise. Choose games that engage your whole body like Just Dance or Sports Champions for PlayStation. Or, if you have enough room, set up an indoor hopscotch court or play a traditional game of hide and seek.

Fun with forts

Going to the playground isn't

an option during the winter, but building a fort is definitely the next best thing. Help kids use blankets and couch cushions to build a castle, a cave or whatever they can imagine. As a bonus activity, have them draw pictures of how they imagine the fort, complete with creatures who would live there.

Blast boredom with books

Cuddling up with your kids to read books is a great

way to spend quality time together. Don't limit it to story books. Consider searching for words together in a word search book, or search for Waldo in a picture book. Or for something completely different, check out Wonderbook: Book of Spells for PlayStation. This book uses augmented reality to transport your family to a virtual classroom to learn spells from the world of Harry Potter. **NEWS CANADA**

Exclusively online

- Mommy finds it a little unsettling that you're already more tech savvy than her, although she does appreciate that you've helped her discover 90 per cent of her iPhone's functionality. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Parenting resolutions for 2013

Family. A few tips to keep in mind this year from the author of *The Mom Book*

DOROTHY ROBINSON

Metro World News in New York City

Motherhood is one of the hardest jobs around, and you can't even list it on your résumé.

Here are some tips from Stacy DeBroff, author of *The Mom Book* and founder and CEO of Mom Central, Inc., a company devoted to providing pragmatic advice to strengthen and simplify the lives of busy families.

Make time to replenish your energy

Between post-holiday exhaustion, the winter blues and the normal frenetic pace of parenting, moms often find their energy depleted at the start of a new year.

Make 2013 the year you carve out time to take care of yourself, whether you kick-start your long-dormant book club, sign up for an exercise class or explore your inner creativity with a new artistic endeavor like photography or

ceramics.

Most importantly, resolve to keep these efforts up as the year progresses.

Help kids understand that electronics aren't a constitutional right

With kids spending hours each day online and texting at every opportunity, they live much of their lives in digital rec rooms.

This year, remember that even digital natives need limits, so set sound guidelines with them. Establish timing parameters on when they can and can't go online, keep computers only in public spaces like the kitchen or family room and make sure kids share social media passwords with mom and dad.

Stay true to yourself

While moms typically develop their own parenting beliefs and style over the years, it remains a challenge to stay true to these principles when you discover that other parents have a very different approach.

Even if you learn — or your kids tell you — that other moms buy laptops for kids once they start fifth grade or let them stay home alone, stand firm and parent according to what you believe.



Stay true to your parenting principles, even if you discover other parents have a different approach, says Stacy DeBroff, author of *The Mom Book*.
ISTOCK IMAGES



Research shows that a diet high in fast food might affect immunity. ISTOCK IMAGES

Fast food linked to more health problems in kids

Consuming three or more servings of fast food per week is linked to allergic asthma, eczema and rhinitis in children, respiratory journal Thorax says.

The findings are supported worldwide — the researchers studied data from more than 319,000 13- and 14-year-olds in 51 countries, and more than 181,000 six-

and seven-year-olds in 31 countries.

The young people and their parents were asked about their diets and if they had symptoms of asthma, runny noses, itchy eyes and eczema.

The researchers found that the only food type that showed the same symptoms across both age groups —

notwithstanding gender or wealth — was fast food.

The study's authors say that a diet high in fast food contains high levels of saturated and trans fatty acids, which affect immunity.

They note that the results do not indicate cause and effect, but that they do warrant more investigation.

MEREDITH ENGEL/MWN

3
HIT

Cut the fat with garlicky, spicy Potato Wedge Fries



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ever eat — forget deep-fried fast-food fries that can contain more than 20 grams of fat for a small serving.

Experiment and use any seasonings you like. You can cut the potatoes early in the day, as long as you keep them

in cold water so they won't brown. One serving of these fries (four wedges) is only 156 calories with 5.3 grams of fat.

1. Preheat the oven to 375 F. Spray rimmed baking sheet with cooking oil.

2. Cut each potato lengthwise into 8 wedges. Place on the prepared baking sheet.

3. Combine the oil and garlic in a small bowl. Combine the cheese and chili powder in another small bowl. Brush the potato wedges with half the oil mixture, then sprinkle with half the cheese mixture.

4. Bake for 20 minutes. Turn the wedges; brush with the remaining oil mixture and sprinkle with the remaining cheese mixture.

5. Bake for another 20 minutes, or just until potatoes are tender and crisp. Sprinkle parsley on top.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN



This recipe serves 6. MARK SHAPIRO/
ROSE REISMAN'S COMPLETE LIGHT KITCHEN

Ingredients

- 3 large baking potatoes, scrubbed
- 2 tbsp olive oil
- 1 tsp minced fresh garlic
- 2 tbsp grated Parmesan cheese
- 1/4 tsp chili powder
- 3 tbsp chopped fresh parsley

Healthy eating

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Starbucks doesn't just have a wide range of delicious drinks. It also offers sweet treats, but some are better than others.

Starbucks Banana Loaf

430 calories, 17 g fat

Banana loaf sounds nutritious, but this is similar to a high-calorie and high-fat muffin. The oil, sugar and eggs are the guilty ingredients.



Equivalent

A slice of Starbucks banana loaf is equivalent to 19 Hershey kisses in calories.

Starbucks Marshmallow Dream Bar

210 calories, 4 g fat

This may not be nutritious, but in terms of calories and fat it's a much better choice.



Swiss raclette is the new fondue

Raclette is the perfect party food. Like fondue, it's all about melting cheese. The biggest difference is that raclette is grilled or broiled, rather than cooked in a pot.

1. Heat the oven to 200 F.

2. Fill a large pot with potatoes and enough salted water to cover them by 1 inch. Bring to a boil over medium-high heat and cook for 15 minutes or until tender. Drain, then return to pot, cover and keep warm.

3. While potatoes are cook-

ing, start vegetables. In a saucepan over medium-high heat, bring vinegar, sugar, salt, paprika and black pepper to a boil, stirring to dissolve sugar and salt. In a large bowl, combine thyme, onions, red peppers, green beans and mushrooms. Pour the hot vinegar mixture over the vegetables, then set aside, stirring occasionally, for 20 minutes.

4. To serve, follow the product directions for heating and using your raclette grill. Arrange potatoes and accompaniments in bowls. Guests can

Ingredients

- 2 lbs new or fingerling potatoes
- Kosher salt
- 1/2 cup rice or sherry vinegar
- 2 tbsp sugar
- 1 tsp kosher salt
- 1/2 tsp smoked paprika
- 1/2 tsp ground black pepper
- 2 tbsp chopped fresh thyme
- 1 cup frozen peeled pearl onions, thawed
- 3 red bell peppers, sliced
- 1 lb green beans, trimmed
- 12 oz button mushrooms
- 4 oz prosciutto
- 4 oz dry salami, sliced
- 1 lb cooked, peeled shrimp
- 1/2 cup marinated artichokes
- 1/2 cup gherkins or cornichons
- 2 lbs raclette cheese, sliced

heat their vegetables on the top of the grill and melt their cheese using the grill's broiler.

Top potatoes with the vegetables and melted cheese.

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The In-Credibility Factor

Name: Graham Hawryluk
City: Headingley, Man.
Age: 25
Occupation:
President and founder of Meticulous Wood Flooring Inc.



THE IN-CREDIBILITY FACTOR
Teresa Kruse
tife@metronews.ca

For Graham Hawryluk, a summer job with a flooring company at age 15 grew from a challenge into a passion.

Not even a 50-pound steel bar and bleeding, blistered hands would stop him. Starting his own company right out of high school, he thought he could keep it running while he was going to university, but when his business began to take off, he decided to postpone his degree and concentrate on his company.

Five years later, Graham has eight employees and has carved out a niche market, catering to customers who want high-end flooring.

His company is also eco-friendly — running energy

efficient trucks and using water based low VOC coatings for their floors.

I knew I was on my way when ...

I knew I was on my way when a Winnipeg newspaper did a huge section that was dedicated to entrepreneurs and their businesses weathering the storm during an economic recession. Receiving recognition was a big deal for me because sometimes you feel like you're spinning your wheels where you're just getting by and making ends meet.

The article made me realize that I wasn't just surviving, I was thriving. I have eight employees and business is great.

Don't rush the reward

"My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with."

Graham Hawryluk

My future plans call for slow and steady growth, making sure everything is manageable and to maintain the quality that we are associated with.

Action Plan:

Have an accountant and a lawyer on speed dial

There are a lot of questions when running a business and when you have professionals at your disposal it makes life a lot easier. It's also important to surround yourself with good, honest, like-minded people and forge as many genuine relationships as possible.

Grow your business slowly

As a young entrepreneur, I had stars in my eyes about fame and fortune. Grow slowly and never bite off more than you can chew.

Be real, be realistic

Be prepared that your business will be your life. Someone who has a nine-to-five job can turn it off and go home, but as a business owner there is no off-switch so you should genuinely enjoy what you do.



Graham Hawryluk's company operates the only Green Guard certified dustless refinishing system in Manitoba.
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Lightning look smooth vs. Jazz

London Lightning forward Elvin Mims goes to the rim as the Montreal Jazz's Juan Mendez looks on during National Basketball League of Canada action Sunday at Budweiser Gardens. The Lightning (23-2) beat the Jazz (2-22) 138-125. London faces the Summerside Storm in a Thursday road game. The Lightning also released centre DeAndre Thomas from their roster on Sunday. ANGELA MULLINS/METRO

NBA

Calderon upstages Nash in Toronto

Jose Calderon had 22 points and nine assists as the Toronto Raptors defeated the Los Angeles Lakers 108-103 on Sunday afternoon.

They spoiled Canadian Steve Nash's first visit to Toronto as a Laker. The Raptors courted the Victoria native in the off-season before he ultimately went to Los Angeles. Nash finished with 16



Jose Calderon, left, bested Steve Nash in the battle of point guards on Sunday. TORSTAR NEWS SERVICE

points and nine assists.
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NFL. Defence gives San Fran chance to rally to biggest comeback ever in NFC title game

Make way, Joe Montana and Steve Young. Colin Kaepernick is leading a brash new group of 49ers to the Super Bowl.

Frank Gore scored a pair of second-half touchdowns and San Francisco, after falling behind 17-0 by the first play of the second quarter, pulled off a record rally for a 28-24 victory over the Atlanta Falcons in the NFC championship game Sunday.

Helped by the defence in the final minutes, Kaepernick didn't put up the same dazzling numbers he did in the divisional playoff against Green Bay. But he was solid enough to justify coach Jim Harbaugh's decision to bench Alex Smith and go with the youngster.

The 49ers will be trying to join Pittsburgh as the only franchises with six Super Bowl titles.

"This is what we play for. We play for this moment," 49ers tight end Vernon Davis said. "We put in all the hard work and get the opportunity to play on the big stage. So, it's not about me. It's all about the team."

Montana led the 49ers to four Super Bowl wins and Young took them to No. 5. It's up to Kaepernick to get No. 6



Linebacker Patrick Willis, centre, celebrates after the San Francisco 49ers' 28-24 win over the Falcons on Sunday in Atlanta. CHRIS GRAYTHEN/GETTY IMAGES

Quoted



"Against a good team, you can't have those kinds of mistakes."

Falcons quarterback Matt Ryan, who threw an interception, then bobbled a snap that led to a turnover in the second half Sunday.

when the 49ers play in the NFL title game for the first time since 1995.

The top-seeded Falcons (14-4) tried to pull out another season-saving drive at the end, but Matt Ryan's fourth-down pass for Roddy White with 1:13 remaining was knocked down by San Francisco linebacker

NaVorro Bowman.

The 49ers (13-4) will meet the winner of the AFC title game between New England and Baltimore.

The victory was sweet redemption for the 49ers, who lost an overtime thriller to the New York Giants a year ago in the NFC title game.

The 49ers pulled off the biggest comeback victory in an NFC championship game, according to STATS. The previous NFC record was 13 points — Atlanta's victory over Minnesota in the 1999 title game, which sent the Falcons to what remains the only Super Bowl in franchise history.

In the AFC, the record is 18 points, when Indianapolis rallied New England in 2007.

THE ASSOCIATED PRESS

NHL

Vanek's 5-point outburst lifts Sabres over Flyers

Thomas Vanek scored twice and added three assists in leading the Buffalo Sabres to a 5-2 season-opening win over the Philadelphia Flyers on Sunday afternoon.

Defenceman Tyler Myers scored the go-ahead goal with 5:03 left after the Sabres overcame a 2-1 second-period deficit. Cody Hodgson and Steve Ott also scored for the Sabres. Captain Jason Pominville set up two goals and Ryan Miller made 27 saves to help Buffalo improve to 6-1-1 in its past eight season openers.

Vanek became the first Sabres player with five points in a game since Drew Stafford had three goals and two assists in January 2008.

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Figure skating. Virtue-Moir not entirely satisfied after winning Canadian gold

London's Tessa Virtue and Scott Moir will be spending the next few weeks training with a stopwatch in hand.

Virtue and Moir easily claimed their fifth ice dance title at the Canadian figure skating championships Sunday, but were left troubled by their marks that included two violation point deductions.

The violations were for holding two lifts over the allowable time — and two points could be the difference between gold and silver at the world championships in March.

"Marina (Zoueva, their coach) is going to be all over me now with a stopwatch," said Moir.

"(Ice dancing) is a bit fussy. And to be honest, we were kind of excited because that was an



Tessa Virtue and Scott Moir celebrate winning gold in the free dance program at the Canadian championships on Sunday in Mississauga, Ont. THE CANADIAN PRESS

awesome skate for us.... That's exactly what we want to do. Now the (violations) don't take away from it, but it would be nice to have a big number to go home and work off of."

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Horoscopes

♈ Aries

March 21 - April 20

Something you desire will be offered to you either today or tomorrow but for some strange reason you will be reluctant to take it. Maybe deep down you don't think you have earned it. What can you do to change that?

♉ Taurus

April 21 - May 20

Your confidence will receive a boost today but don't go to extremes and start believing that you can do no wrong. On the work front, especially, you still need to be cautious. Don't give your rivals an opportunity to pounce.

♊ Gemini

May 22 - June 21

There may be no such thing as the perfect day but with the Sun now moving through your fellow Air sign of Aquarius this one will come close. Good things will come to you if you let them. Believe you deserve it.

♋ Cancer

June 22 - July 23

Your no-nonsense approach will cut through other people's doubts and lay bare the facts of a situation that has been causing mayhem. Once you know what is wrong you can start looking for ways to put it right.

♌ Leo

July 24 - Aug. 23

There is something that you really want, something that you have desired for as long as you can remember—and that something is now yours for the asking. Looking back you will wonder why it took so long.

♍ Virgo

Aug. 24 - Sept. 23

It may seem as if the world is out to get you but it isn't true. Neptune in Pisces makes certain issues seem more important than they actually are. The only things that really matter are the things that make you smile.

♎ Libra

Sept. 24 - Oct. 23

You will be at your best over the next 24 hours but take care you don't come across as too domineering as that could cause unnecessary friction. Libra is the sign of relationships, so stay on good terms with everyone.

♏ Scorpio

Oct. 24 - Nov. 22

Some of your current insights may owe more to wishful thinking than to genuine intuition but is that such a bad thing? No matter how way-out your vision may be if you can imagine it you can also create it.

♐ Sagittarius

Nov. 23 - Dec. 21

You may have to give up a certain amount of independence this coming week. You may have to let friends and family guide you in the right direction. Is that so hard? If it's the right direction you should be grateful.

♑ Capricorn

Dec. 22 - Jan. 20

Something will come so easy to you today that you might think there is some sort of catch. And chances are you are right — there is. Neptune's influence means you cannot take anything for granted.

♒ Aquarius

Jan. 21 - Feb. 19

The Sun is now moving through your birth sign, which is great, but it does not mean you have to do everything in a rush. Spend some time today identifying your desires and drawing up your plans.

♓ Pisces

Feb. 20 - March 20

You are in one of your secretive moods at the moment and anyone who tries to find out what you are up to will be told to mind their own business. Quite right. The less others know the better it will be for you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. "Mr. Holland's ___" (1995)
5. Son of Atticus in *To Kill a Mockingbird*
8. CBC series, "___ Air"
14. Ontario folk festival since 1961
16. Followed a recipe
17. Robert Redford's film festival
18. Kitchen outfits
19. ___ Marie Presley
20. It means 'the same' in Latin
21. Dermatology tool
24. Throw the football
26. Loonies
30. ___ mode
31. Mr. Lugosi
32. "Time in a Bottle" by Jim ___
33. Switch sort
36. Newfoundland and ___
38. Barenaked Ladies tune: 4 wds.
40. ___ National Park, BC
42. Real
45. Rock drill
46. Jackie Wilson's "___ Petite"
48. 'Start With Trust' is this org.'s slogan
49. Glide
50. Un-evens
51. Clint Eastwood's "Rawhide" role, Rowdy ___
53. Unruly crowds
55. Zen riddle
57. Puccini opera, ___ Butterfly
60. Canadian puppets, Casey and

Down

64. Sister of Moses
65. Distinction
66. Curved stone bench in ancient times
67. Decay
68. Type of tape
8. Mil. schools
9. Climber's need
10. RCAF search & rescue helicopter, CH-149 ___
11. Boxing stat.
12. "Canada AM" co-host, Marci ___
13. Li'l music keepers
15. Match
20. Singer/actor Chris
21. Chap
22. Will Smith movie
23. Bon Jovi guitarist Richie
25. Mixed, as metals
27. "Don't Speak" group: 2 wds.
28. Green
29. Sun. message
31. Welsh opera singer Mr. Terfel
32. Dundee's fave reptile
34. Lovely Rita's gig: 2 wds.
35. 911-calling reason, for short
37. "The Love ___"
39. NFL units
40. PC information units
41. Tic-Tac-Toe win
43. Pres. Lincoln
44. Weight loss losses, commonly
47. Edmonton football player
50. President Barack ___
51. Canadian writer Mr. Martel
52. ___-to-know basis



54. Mr. Sharif
56. "Don't bet ___!" : 2 wds.
57. Montreal Mrs.
58. ___-en-Provence, France
59. Music Dr.
60. Iron: French
61. Wildebeest
62. Leafs arena, commonly
63. Goaltender's defence area
63. 1987 to 1994 'Star Trek' series, to fans
64. Mork's planet
65. Nero's 102
67. ___-advised

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

9	2	5	4	3	6	8	7	1
1	4	6	8	7	2	9	3	5
8	7	3	5	1	9	2	6	4
6	8	2	9	4	3	1	8	7
7	3	8	1	6	5	4	2	9
4	1	9	2	8	7	3	5	6
3	5	1	7	2	4	6	9	8
2	8	7	6	9	1	5	4	3
6	9	4	3	5	8	7	1	2

3	8	2	4
6	1	5	9
7	9	3	8
8		4	2
4	6	1	3
7		5	2
9	6	1	7
1	2	9	3
2	3	7	5

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